



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

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Marquardt, Ralph

□□□: 2:49:11

□□: SH-Stukenbrock

□□: 7.45 km/h

□□: 1315

□□□□□□: 632

□□: 21.00 km

□□□□: 30.48

21 km Nordic Walking

□□□□: 227 □